

Week 1: Movement and Mobility: Use Light Weights

Day 1: Deadlift Day

Day 2: Pushing Day

Day 3: CARDIO

Day 4: Squat Day

Day 5: Pull Day

Day 6: CARDIO

Day 7: Rest

Day 1: Bend and Lift

[Full Dynamic Warm Up](#)**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Pigeon Stretch](#) 30 Seconds/side
2. [Frog Stretch](#) 30 Seconds
3. [T-Spine Rotation](#) 30 Seconds

Super Set, 3 rounds, 30 second rest/round

1. [RDL Complex](#) **12 Repetitions/Leg (4 per direction)**
2. [Single Leg Box Jumps](#) **5 Jumps/Leg**

Strength Training 90 second rest/ set

1. [Trap Bar Deadlift](#) 5x8
2. [Eccentric Trap Bar Deadlift](#) 2x3 (5 Second Eccentric)
3. [Shoulder Press](#) 3x5

Core Circuit, 2 rounds, 30 second rest/round

1. [Elbow Plank](#) 30 Seconds
2. [Side Elbow Plank](#) 30 Seconds/Side
3. [Bridge Resistance Band](#) 10 Reps, (Squeeze 2 Seconds)
4. [Floor "A"](#) 20 Reps

Cool Down

1. [Bird Dog](#): 20 alternating Repetitions
 2. [Capoeira Stretch](#) 30 seconds/side
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Day 2: Pushing

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Shoulder Dislocations](#) 30 Seconds
2. [Wall Lat Stretch](#) 30 Seconds
3. [Scorpion](#) 30 seconds (/side)

Plyometric Training, 2 rounds, 30 second rest/round

1. [Skater Jumps](#) 20 Alternating Jumps (Pause on Landing)
2. Broad Jump 3 Jumps

Strength Training 90 second rest/ set

1. [Bench Press](#) 5x5
2. [Explosive Push Ups](#) 5x3 (Perform Directly After Bench)
3. [Bulgarian Split Squats](#) 3x10/Side

Core Circuit 2 rounds, 30 second rest/round

1. [Unstable Mountain Climber](#) 20 Alternating Repetitions
2. [Straight Arm Shoulder Flexion](#) 12 Alternating Repetitions
3. [Band Pull-Apart](#) 20 reps (Squeeze Shoulder Blades Together)
4. [Bridge Med Ball](#) 10 Reps (Squeeze 2 Seconds)

Static Stretching

1. [Childs Pose \(ext rot\)](#) 60 seconds/side
 2. [Yoga Bridge](#) 45 seconds
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Day 3: Squat and Lift

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Ankle Dorsiflexion](#) 10 Pulses/Side
2. [Couch Stretch](#) 30 Seconds each side
3. [Squat + T-Spine](#) 30 Seconds

Balance Training, 2 rounds, 30 second rest/round

1. [Bridge on Stability Ball](#) 20 Reps
2. [Fire Hydrant BC](#) 10 Reps/side

Strength Training 90 second rest/ set

1. [Front Squat](#) 5x10
2. [Power Step Up](#) 5x5 (Perform Back to Back with Depth Jumps)
3. [Depth Jumps](#) 5x3 (First Practice Landing, then add in progressions. Reactive Vertical, then lateral, then single legs)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Extension Plank](#) 20 alternating repetitions
2. [Side Plank Hip Abduction](#) 10 Reps/side
3. [Weighted YTA](#) 30 Total Reps
[Single Leg Balance and Reach](#) 15 Reps/leg

Static Stretching

1. [Pigeon Stretch](#) 30 seconds (/side)
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Day 4: Pulling

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Lizard Stretch & Reach](#) 30 Seconds/Side
2. [Wall Lat Stretch](#) 30 Seconds

Power Training and Activation, 2 rounds, 30 second rest/round

1. [Unstable YTA \(2.5 LB\)e](#) 30 Total Reps (On Swiss Ball)
 2. [Single Arm Power Clean](#) 5x5
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Strength Training 90 second rest/ set

1. [Band Rows](#) 3x25
2. [One Arm Row](#) 3x15/side (Slow Eccentric, Explosive but controlled Concentric)
3. [Rotating Chops](#) 3x5/Side (Back To Back with 1 Arm Row)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Abduction Plank](#) 20 Alternating
 2. [Side Plank Hip Flexion](#) 10/side
 3. [Blackburns](#) 10 total reps
 4. [Knee Drive Switch](#) 20 Alternating Reps
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Static Stretching

1. [Childs Pose + \(ext rot\)](#) 30 seconds/side
 2. [Scorpion Stretch](#) 30 seconds /side
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Week 2: Adding Resistance: (**Add 5-10%** Weight for Strength Training)

Day 1: Bend & Lift

Day 2: Pushing

Day 3: Cardio

Day 4: Squat & Lift

Day 5: Pulling

Day 6: Cardio

Day 7: Rest

Day 1: Bend and Lift

[Full Dynamic Warm Up](#)**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Pigeon Stretch](#) 30 Seconds/side
2. [Frog Stretch](#) 30 Seconds
3. [T-Spine Rotation](#) 30 Seconds

Super Set, 3 rounds, 30 second rest/round

1. [RDL Complex](#) 12 Repetitions/Leg (4 per direction)
2. [Single Leg Box Jumps](#) 5 Jumps/Leg

Strength Training 90 second rest/ set

1. [Trap Bar Deadlift](#) 5x5
2. [Eccentric Trap Bar Deadlift](#) 2x3 (5 Second Eccentric)
3. [Shoulder Press](#) 3x5

Core Circuit, 2 rounds, 30 second rest/round

1. [Elbow Plank](#) 30 Seconds
2. [Side Elbow Plank](#) 30 Seconds/Side
3. [Bridge Resistance Band](#) 10 Reps, (Squeeze 2 Seconds)
4. [Floor "A"](#) 20 Reps

Cool Down

1. [Bird Dog](#): 20 alternating Repetitions
 2. [Capoeira Stretch](#) 30 seconds/side
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Day 2: Pushing

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Shoulder Dislocations](#) 30 Seconds
2. [Wall Lat Stretch](#) 30 Seconds
3. [Scorpion](#) 30 seconds (/side)

Plyometric Training, 2 rounds, 30 second rest/round

1. [Skater Jumps](#) 20 Alternating Jumps (Pause on Landing)
2. Broad Jump 3 Jumps

Strength Training 90 second rest/ set

1. [Bench Press](#) 6x3
2. [Explosive Push Ups](#) 6x3 (Perform Directly After Bench)
3. [Bulgarian Split Squats](#) 3x8/Side

Core Circuit 2 rounds, 30 second rest/round

1. [Unstable Mountain Climber](#) 20 Alternating Repetitions
2. [Straight Arm Shoulder Flexion](#) 12 Alternating Repetitions
3. [Band Pull-Apart](#) 20 reps (Squeeze Shoulder Blades Together)
4. [Bridge Med Ball](#) 10 Reps (Squeeze 2 Seconds)

Static Stretching

1. [Childs Pose \(ext rot\)](#) 60 seconds/side
 2. [Yoga Bridge](#) 45 seconds
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Day 3: Squat and Lift

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Ankle Dorsiflexion](#) 10 Pulses/Side
2. [Couch Stretch](#) 30 Seconds each side
3. [Squat + T-Spine](#) 30 Seconds

Balance Training, 2 rounds, 30 second rest/round

1. [Bridge on Stability Ball](#) 20 Reps
2. [Fire Hydrant BC](#) 10 Reps/side

Strength Training 90 second rest/ set

1. [Front Squat](#) 5x8
2. [Power Step Up](#) 5x5 (Perform Back to Back with Depth Jumps)
3. [Depth Jumps](#) 5x3 (First Practice Landing, then add in progressions. Reactive Vertical, then lateral, then single legs)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Extension Plank](#) 20 alternating repetitions
2. [Side Plank Hip Abduction](#) 10 Reps/side
3. [Weighted YTA](#) 30 Total Reps
[Single Leg Balance and Reach](#) 15 Reps/leg

Static Stretching

1. [Pigeon Stretch](#) 30 seconds (/side)
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Day 4: Pulling

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Lizard Stretch & Reach](#) 30 Seconds/Side
2. [Wall Lat Stretch](#) 30 Seconds

Power Training and Activation, 2 rounds, 30 second rest/round

1. [Unstable YTA \(2.5 LB\)e](#) 30 Total Reps (On Swiss Ball)
 2. [Single Arm Power Clean](#) 5x5
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Strength Training 90 second rest/ set

1. [Band Rows](#) 3x20
 2. [One Arm Row](#) 3x12/side (Slow Eccentric, Explosive but controlled Concentric)
 3. [Rotating Chops](#) 3x5/Side (Back To Back with 1 Arm Row)
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Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Abduction Plank](#) 20 Alternating
 2. [Side Plank Hip Flexion](#) 10/side
 3. [Blackburns](#) 10 total reps
 4. [Knee Drive Switch](#) 20 Alternating Reps
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Static Stretching

1. [Childs Pose + \(ext rot\)](#) 30 seconds/side
 2. [Scorpion Stretch](#) 30 seconds /side
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Week 3: Adding More Resistance: (**Add 5-10%** Weight for Strength Training)

Day 1: Bend & Lift

Day 2: Pushing

Day 3: Cardio

Day 4: Squat & Lift

Day 5: Pulling

Day 6: Cardio

Day 7: Rest

Day 1: Bend and Lift

[Full Dynamic Warm Up](#)**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Pigeon Stretch](#) 30 Seconds/side
2. [Frog Stretch](#) 30 Seconds
3. [T-Spine Rotation](#) 30 Seconds

Super Set, 3 rounds, 30 second rest/round

1. [RDL Complex](#) **12 Repetitions/Leg (4 per direction)**
2. [Single Leg Box Jumps](#) **5 Jumps/Leg**

Strength Training 90 second rest/ set

1. [Trap Bar Deadlift](#) 6x4
2. [Eccentric Trap Bar Deadlift](#) 3x2 (5 Second Eccentric)
3. [Shoulder Press](#) 3x5

Core Circuit, 2 rounds, 30 second rest/round

1. [Elbow Plank](#) 30 Seconds
2. [Side Elbow Plank](#) 30 Seconds/Side
3. [Bridge Resistance Band](#) 10 Reps, (Squeeze 2 Seconds)
4. [Floor "A"](#) 20 Reps

Cool Down

1. [Bird Dog](#): 20 alternating Repetitions
 2. [Capoeira Stretch](#) 30 seconds/side
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Day 2: Pushing

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Shoulder Dislocations](#) 30 Seconds
2. [Wall Lat Stretch](#) 30 Seconds
3. [Scorpion](#) 30 seconds (/side)

Plyometric Training, 2 rounds, 30 second rest/round

1. [Skater Jumps](#) 20 Alternating Jumps (Pause on Landing)
2. [Broad Jump](#) 3 Jumps

Strength Training 90 second rest/ set

1. [Bench Press](#) 6x4
2. [Explosive Push Ups](#) 6x3 (Perform Directly After Bench)
3. [Bulgarian Split Squats](#) 3x6/Side

Core Circuit 2 rounds, 30 second rest/round

1. [Unstable Mountain Climber](#) 20 Alternating Repetitions
2. [Straight Arm Shoulder Flexion](#) 12 Alternating Repetitions
3. [Band Pull-Apart](#) 20 reps (Squeeze Shoulder Blades Together)
4. [Bridge Med Ball](#) 10 Reps (Squeeze 2 Seconds)

Static Stretching

1. [Childs Pose \(ext rot\)](#) 60 seconds/side
 2. [Yoga Bridge](#) 45 seconds
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Day 3: Squat and Lift

Full Dynamic Warm Up

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Ankle Dorsiflexion](#) 10 Pulses/Side
2. [Couch Stretch](#) 30 Seconds each side
3. [Squat + T-Spine](#) 30 Seconds

Balance Training, 2 rounds, 30 second rest/round

1. [Bridge on Stability Ball](#) 20 Reps
2. [Fire Hydrant BC](#) 10 Reps/side

Strength Training 90 second rest/ set

1. [Front Squat](#) 5x5
2. [Power Step Up](#) 5x5 (Perform Back-to-Back with Depth Jumps)
3. [Depth Jumps](#) 5x3 (First Practice Landing, then add in progressions. Reactive Vertical, then lateral, then single legs)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Extension Plank](#) 20 alternating repetitions
2. [Side Plank Hip Abduction](#) 10 Reps/side
3. [Weighted YTA](#) 30 Total Reps
[Single Leg Balance and Reach](#) 15 Reps/leg

Static Stretching

1. [Pigeon Stretch](#) 30 seconds (/side)
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Day 4: Pulling

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Lizard Stretch & Reach](#) 30 Seconds/Side
2. [Wall Lat Stretch](#) 30 Seconds

Power Training and Activation, 2 rounds, 30 second rest/round

1. [Unstable YTA \(2.5 LB\)e](#) 30 Total Reps (On Swiss Ball)
 2. [Single Arm Power Clean](#) 5x5
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Strength Training 90 second rest/ set

1. [Band Rows](#) 3x15
2. [One Arm Row](#) 3x10/side (Slow Eccentric, Explosive but controlled Concentric)
3. [Rotating Chops](#) 3x5/Side (Back To Back with 1 Arm Row)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Abduction Plank](#) 20 Alternating
 2. [Side Plank Hip Flexion](#) 10/side
 3. [Blackburns](#) 10 total reps
 4. [Knee Drive Switch](#) 20 Alternating Reps
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Static Stretching

1. [Childs Pose + \(ext rot\)](#) 30 seconds/side
 2. [Scorpion Stretch](#) 30 seconds /side
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Week 4: Generate Power: (Return to resistance used in first week, but Focus on Moving with Explosiveness, Fast and Powerful)

Day 1: Bend & Lift

Day 2: Pushing

Day 3: Cardio

Day 4: Squat & Lift

Day 5: Pulling

Day 6: Cardio

Day 7: Rest

Day 1: Bend and Lift

[Full Dynamic Warm Up](#)**Mobility Circuit, 2 rounds, 30 second rest/round**

1. [Pigeon Stretch](#) 30 Seconds/side
2. [Frog Stretch](#) 30 Seconds
3. [T-Spine Rotation](#) 30 Seconds

Super Set, 3 rounds, 30 second rest/round

1. [RDL Complex](#) 12 Repetitions/Leg (4 per direction)
2. [Single Leg Box Jumps](#) 5 Jumps/Leg

Strength Training 90 second rest/ set

1. [Trap Bar Deadlift](#) 5x5
2. [Eccentric Trap Bar Deadlift](#) 4x1 (5 Second Eccentric)
3. [Shoulder Press](#) 3x5

Core Circuit, 2 rounds, 30 second rest/round

1. [Elbow Plank](#) 30 Seconds
2. [Side Elbow Plank](#) 30 Seconds/Side
3. [Bridge Resistance Band](#) 10 Reps, (Squeeze 2 Seconds)
4. [Floor "A"](#) 20 Reps

Cool Down

1. [Bird Dog](#): 20 alternating Repetitions
 2. [Capoeira Stretch](#) 30 seconds/side
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Day 2: Pushing

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Shoulder Dislocations](#) 30 Seconds
2. [Wall Lat Stretch](#) 30 Seconds
3. [Scorpion](#) 30 seconds (/side)

Plyometric Training, 2 rounds, 30 second rest/round

1. [Skater Jumps](#) 20 Alternating Jumps (Pause on Landing)
2. Broad Jump 3 Jumps

Strength Training 90 second rest/ set

1. [Bench Press](#) 5x5
2. [Explosive Push Ups](#) 5x5 (Perform Directly After Bench)
3. [Bulgarian Split Squats](#) 3x8/Side

Core Circuit 2 rounds, 30 second rest/round

1. [Unstable Mountain Climber](#) 20 Alternating Repetitions
2. [Straight Arm Shoulder Flexion](#) 12 Alternating Repetitions
3. [Band Pull-Apart](#) 20 reps (Squeeze Shoulder Blades Together)
4. [Bridge Med Ball](#) 10 Reps (Squeeze 2 Seconds)

Static Stretching

1. [Childs Pose \(ext rot\)](#) 60 seconds/side
2. [Yoga Bridge](#) 45 seconds

Day 3: Squat and Lift

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Ankle Dorsiflexion](#) 10 Pulses/Side
2. [Couch Stretch](#) 30 Seconds each side
3. [Squat + T-Spine](#) 30 Seconds

Balance Training, 2 rounds, 30 second rest/round

1. [Bridge on Stability Ball](#) 20 Reps
2. [Fire Hydrant BC](#) 10 Reps/side

Strength Training 90 second rest/ set

1. [Front Squat](#) 5x5
2. [Power Step Up](#) 5x5 (Perform Back to Back with Depth Jumps)
3. [Depth Jumps](#) 5x3 (First Practice Landing, then add in progressions. Reactive Vertical, then lateral, then single legs)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Extension Plank](#) 20 alternating repetitions
2. [Side Plank Hip Abduction](#) 10 Reps/side
3. [Weighted YTA](#) 30 Total Reps
[Single Leg Balance and Reach](#) 15 Reps/leg

Static Stretching

1. [Pigeon Stretch](#) 30 seconds (/side)
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Day 4: Pulling

[Full Dynamic Warm Up](#)

Mobility Circuit, 2 rounds, 30 second rest/round

1. [Lizard Stretch & Reach](#) 30 Seconds/Side
2. [Wall Lat Stretch](#) 30 Seconds

Power Training and Activation, 2 rounds, 30 second rest/round

1. [Unstable YTA \(2.5 LB\)e](#) 30 Total Reps (On Swiss Ball)
 2. [Single Arm Power Clean](#) 5x5
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Strength Training 90 second rest/ set

1. [Band Rows](#) 3x10
2. [One Arm Row](#) 3x8/side (Slow Eccentric, Explosive but controlled Concentric)
3. [Rotating Chops](#) 3x5/Side (Back To Back with 1 Arm Row)

Core Circuit, 3 rounds, 30 second rest/round

1. [Hip Abduction Plank](#) 20 Alternating
2. [Side Plank Hip Flexion](#) 10/side
3. [Blackburns](#) 10 total reps
4. [Knee Drive Switch](#) 20 Alternating Reps

Static Stretching

1. [Childs Pose + \(ext rot\)](#) 30 seconds/side
 2. [Scorpion Stretch](#) 30 seconds /side
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